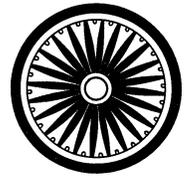




Mindfulness at Home
Friday 08 May – Sunday 17 May 2026
Times in Australia/Darwin time (ACST)



Friday 08 May

| | |
|---------------------|-----------------------------------------------------------|
| 06:30 PM – 08:00 PM | Manager's talk & Teacher's introduction Group practice |
|---------------------|-----------------------------------------------------------|

Saturday 09 May

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|---------------------|----------------------------|
| 09:00 AM – 10:00 AM | Practice workshop |
| 10:00 AM – 11:00 AM | Group practice |
| 02:00 PM – 03:00 PM | Practice workshop |
| 03:00 PM – 04:00 PM | Group Practice |
| 07:00 PM – 08:00 PM | Dharma Talk |
| 08:00 PM | Karaṇīya Mettā Sutta/Close |

Sunday 10 May

| | |
|---------------------|------------------------------|
| 09:00 AM – 10:00 AM | Practice Workshop |
| 10:00 AM – 11:00 AM | Group Practice |
| 02:00 PM – 03:00 PM | Group Practice |
| 03:00 PM – 04:00 PM | Weekenders' group discussion |
| 07:00 PM – 08:00 PM | Dharma Talk |
| 08:00 PM | Karaṇīya Mettā Sutta/Close |

Monday 11 May – Saturday 16 May

| | |
|---------------------|----------------------------|
| 09:00 AM – 10:00 AM | Practice Workshop |
| 10:00 AM – 11:00 AM | Group Practice |
| 10:30 AM – 12:30 PM | Interviews |
| 01:30 PM – 03:30 PM | Interviews |
| 02:00 PM – 03:00 PM | Group Practice |
| 04:00 PM – 05:00 PM | Group Practice |
| 07:00 PM – 08:00 PM | Dharma Talk |
| 08:00 PM | Karaṇīya Mettā Sutta/Close |

Sunday 17 May

| | |
|---------------------|-------------------|
| 09:00 AM – 10:00 AM | Practice Workshop |
| 10:00 AM – 11:00 AM | Group Practice |
| 11:00 AM – 12:00 PM | Closing circle |
| 12:00 PM | End of retreat |
